

Main Service Outline

The Doctrine of Personal Worship

Psalm 103:1-5

1 Group

Psalms 103:1-5

¹Bless the LORD, O my soul,
And all that is within me, bless His holy name.

²Bless the LORD, O my soul,
And forget none of His benefits; ³Who pardons all
your iniquities,
Who heals all your diseases; ⁴Who redeems your
life from the pit,

Psalms 103:1-5

Who crowns you with lovingkindness and
compassion; ⁵Who satisfies your years with good
things,
So that your youth is renewed like the eagle.

The Doctrine of Personal Worship

Psalm 103:1-5

THEME: The soul that would praise God is the soul that must remember and rehearse His goodness.

1. **The Commands for personal praise (vs. 1 & 2)**

1 Samuel 30:6

⁶Moreover David was greatly distressed because the people spoke of stoning him, for all the people were embittered, each one because of his sons and his daughters. **But David strengthened himself in the LORD his God.**

The Doctrine of Personal Worship

Psalm 103:1-5

THEME: The soul that would praise God is the soul that must remember and rehearse His goodness.

1. The Commands for personal praise (vs. 1 & 2)

He strengthened (literally – to seize, to grasp, to take hold of) encouraged himself in the LORD his God.

Psalms 42:5 & 43:5

⁵Why are you in despair, O my soul?
And why have you become disturbed within me?
Hope in God, for I shall again praise Him
For the help of His presence.

Psalms 104:1

¹Bless the LORD, O my soul!
O LORD my God, You are very great;
You are clothed with splendor and majesty,

Psalms 116:7-8

⁷Return to your rest, O my soul,
For the LORD has dealt bountifully with you. ⁸For
You have rescued my soul from death,
My eyes from tears,
My feet from stumbling.

Psalms 146:1-2

¹Praise the LORD!

Praise the LORD, O my soul!

²I will praise the LORD while I live;

I will sing praises to my God while I have my being.

The Doctrine of Personal Worship

Psalm 103:1-5

THEME: The soul that would praise God is the soul that must remember and rehearse His goodness.

1. The Commands for personal praise (vs. 1 & 2)

He strengthened (literally – to seize, to grasp, to take hold of) encouraged himself in the LORD his God.

The Psalmist's Method for Worship:

“forget none of His benefits”, REMEMBER

Deuteronomy 6:10-12

¹⁰“Then it shall come about when the LORD your God brings you into the land which He swore to your fathers, Abraham, Isaac and Jacob, to give you, great and splendid cities which you did not build, ¹¹and houses full of all good things which you did not fill, and hewn cisterns which you did not dig, vineyards and olive trees which you did

Deuteronomy 6:10-12

not plant, and you eat and are satisfied, ¹²then watch yourself, that you do not forget the LORD who brought you from the land of Egypt, out of the house of slavery.

Psalms 106:7

⁷Our fathers in Egypt did not understand Your
wonders;
They did not remember Your abundant
kindnesses,
But rebelled by the sea, at the Red Sea.

Psalms 106:13

¹³They quickly forgot His works;
They did not wait for His counsel,

Psalms 106:21

²¹They forgot God their Savior,
Who had done great things in Egypt,

Spurgeon

Memory is very treacherous about the best things; by a strange perversity, endangered by the fall, it treasures up refuse of the past and permits priceless treasures to lie neglected, it holds tightly to grievances and disappointments and holds benefits all too loosely.

Ephesians 1:3

³Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ,

The Doctrine of Personal Worship

Psalm 103:1-5

THEME: The soul that would praise God is the soul that must remember and rehearse His goodness.

1. **The Commands for personal praise (vs. 1 & 2)**
2. **The Keys for personal praise > (Pondering our benefits in Christ) (vs. 3-5)**
 - a. **Complete Pardoning (Benefit #1)**
v.3a - "Who pardons all your iniquities"

Colossians 2:13-14

¹³When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, ¹⁴having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross.

My sin, O the bliss of this glorious thought,
My sin, not in part but the whole,
Is nailed to the cross and I bear it no more
Praise the Lord, praise the Lord oh my soul!

The Doctrine of Personal Worship

Psalm 103:1-5

THEME: The soul that would praise God is the soul that must remember and rehearse His goodness.

1. **The Commands for personal praise (vs. 1 & 2)**
2. **The Keys for personal praise > (Pondering our benefits in Christ) (vs. 3-5)**
 - a. **Complete Pardoning (Benefit #1)**
v.3a - "Who pardons all your iniquities"
 - b. **Complete Healing (Benefit #2)**
vs. 3b - "who heals all your diseases"

Revelation 21:4

⁴and He will wipe away every tear from their eyes; and there will no longer be any death; there will no longer be any mourning, or crying, or pain; the first things have passed away."

Jeremiah 3:22

²²“Return, O faithless sons,
I will heal your faithlessness.”
“Behold, we come to You;
For You are the LORD our God.

Isaiah 57:17-19

¹⁷Because of the iniquity of his unjust gain I was angry and struck him;
I hid My face and was angry,
And he went on turning away, in the way of his heart. ¹⁸I have seen his ways, but I will heal him;
I will lead him and restore comfort to him and to his mourners, ¹⁹Creating the praise of the lips.

Isaiah 57:17-19

Peace, peace to him who is far and to him who is near,"
Says the LORD, "and I will heal him."

M.L. Jones

No disease of our soul baffles His skill, He goes on
healing all, and He will do so till the last trace of
taint has gone from our nature.

Isaiah 53:5

⁵But He was pierced through for our transgressions,
He was crushed for our iniquities;
The chastening for our well-being fell upon Him,
And by His scourging we are healed.

The Doctrine of Personal Worship

Psalm 103:1-5

THEME: The soul that would praise God is the soul that must remember and rehearse His goodness.

1. **The Commands for personal praise (vs. 1 & 2)**
2. **The Keys for personal praise > (Pondering our benefits in Christ) (vs. 3-5)**
 - a. **Complete Pardoning (Benefit #1)**
 - b. **Complete Healing (Benefit #2)**
 - c. **Complete Redemption (Benefit #3)**
vs. 4a – “who redeems your life from the pit”

DEFINITION

Redemption refers supremely to the work of Christ on our behalf, whereby he purchases us (Acts 20:28), he ransoms us at the price of his own life, securing our deliverance from the bondage and condemnation of sin.

1 Timothy 2:5-6

⁵For there is one God, and one mediator also between God and men, the man Christ Jesus, ⁶who gave Himself as a ransom for all, the testimony given at the proper time.

Colossians 1:13-14

¹³For He rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son, ¹⁴in whom we have redemption, the forgiveness of sins.

The Doctrine of Personal Worship

Psalm 103:1-5

1. **The Commands for personal praise (vs. 1 & 2)**
2. **The Keys for personal praise > (Pondering our benefits in Christ) (vs. 3-5)**
 - a. **Complete Pardoning (Benefit #1)**
 - b. **Complete Healing (Benefit #2)**
 - c. **Complete Redemption (Benefit #3)**
 - d. **Complete Reward (Benefit #4)**
vs. 4b – “who crowns you with lovingkindness and compassion”

2 Reasons why we are crowned this way

1. We would not be able to keep our salvation on our own and so He crowns us with His loyal, unchanging love (Rom. 8).
2. We feel our unworthiness of such love and so He also crowns us with compassion – that is, He deals with us tenderly/mercifully.

Isaiah 40:31

³¹Yet those who wait for the LORD
Will gain new strength;
They will mount up with wings like eagles,
They will run and not get tired,
They will walk and not become weary.



The Doctrine of Personal Worship

Psalm 103:1-5

1. The Commands for personal praise (vs. 1 & 2)
2. The Keys for personal praise > (Pondering our benefits in Christ)
(vs. 3-5)
 - a. Complete Pardoning (Benefit #1)
 - b. Complete Healing (Benefit #2)
 - c. Complete Redemption (Benefit #3)
 - d. Complete Reward (Benefit #4)
 - e. **Complete Satisfaction & Renewal (Benefit #5)**
vs. 5 – “who satisfies your years with good things, so that your youth is renewed like the eagle.”

Psalms 63:3-5

³Because Your lovingkindness is better than life,
My lips will praise You. ⁴So I will bless You as long
as I live;

I will lift up my hands in Your name. ⁵My soul is
satisfied as with marrow and fatness,
And my mouth offers praises with joyful lips.



Hinderances for personal praise:

- Neglect of His Word
- Neglect of prayer
- Trials not submitted to the Lord
- Remaining in despair
- Hidden and unconfessed sin (idols, immorality)
- Bitterness toward family or friends
- Unforgiveness: Holding grudges and past hurts
- Cynicism
- Worrying (health, finances, job, marriage, children)
- Selfishness
- Hypocrisy
- Praying with the wrong motives
- Unbelief

Psalms 86:5

⁵For You, Lord, are good, and ready to forgive,
And abundant in lovingkindness to all who call
upon You.

APPLICATION

1. Beware of your thought life

Proverbs 4:23

²³Watch over your heart with all diligence,
For from it flow the springs of life.

Romans 12:1-2

¹Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. ²And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and

Romans 12:1-2

perfect.

APPLICATION

1. Beware of your thought life
2. Speak truth to yourself

1 Thessalonians 5:9-11

⁹For God has not destined us for wrath, but for obtaining salvation through our Lord Jesus Christ,
¹⁰who died for us, so that whether we are awake or asleep, we will live together with Him. ¹¹Therefore encourage one another and build up one another, just as you also are doing.

